

# Talks on

HEALTH,  
CLEANLINESS,  
PROPER LIVING,  
SANITATION, ETC.

BY

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## THERE WILL NO LONGER BE ANY PATENT MEDICINE.

The early treatment of disease can not be instituted properly without a definite knowledge of the early signs or symptoms. Guess work in any pursuit is to be discouraged if humanity is to keep step with progress toward efficiency. Since health is the principal thing, it is obvious that guess work in the matter of the preservation and maintenance of health is of all errors the most dangerous. The question then arises: How are the people to know the early signs and symptoms of disease. The answer requires thought of a profound character.

It appears that the strength of the nation lies in the health of the people. If that be true the nation should take a decided interest in the preservation of the health of the people and the maintenance of the same. Willy nilly each individual capable of bearing arms must fight for the government if called upon so to do. It is a well proven fact that each individual is incapable of diagnosing and treating his own disease. Notwithstanding that fact self medication and autodiag-

noses are the rule and not the exception. The government has made a feeble effort to correct the errors mentioned by passing such legislation as the inadequate pure food and drug measure and the admirable antineurotic law. But more than that is required to save us from the disasters of self medication and the calamities that come from taking the opinion of those who are untrained.

Some governments have passed laws to protect the ignorant from their own ignorance also from the cupidities of the merely mercenary as well as from the sought and unsought guess work of ignorant the well meaning advisers. Brazil is far in advance of most governments in preventing that destruction of life which must be the result of persons pretending to cure by occult means, by magic or otherwise when they have not met the conditions required of all physicians by the medical colleges and the Governmental Department of Health.

When the governments of the world learn that strong soldiers can not come from patent medicine users THERE WILL NO LONGER BE ANY PATENT MEDICINE.

## ALPHA SUFFRAGE CLUB.

The Alpha Suffrage Club held its regular meeting at the Reading Room, 3005 S. State St. It was very interesting. The program was in charge of Miss Laura Beasley. Mrs. Emma Smith, president of the "Easter Lily Club" was to be guest of honor. Arrangements for the parade are going on a pace. All indications are, that, the club will make a handsome showing on June 7.

IDA B. WELLS BARNETT,  
President.

Victoria, B. C.—Edward P. Price does not wear medals in recognition of a world's record tramp, neither is he the author of any "Travels by Foot" tales—not yet—but he has made something of a record for stamina and is now hopelessly a victim to a relentless desire to walk every highway which may be casually named in his presence. He has walked from Chicago to San Francisco in a roundabout way, a distance of 3,400 miles. He does not claim that there is anything remarkable about that fact alone, but the circumstances of the trip make a good story.

The first consideration is the fact that Mr. Price at the beginning of his tramp was a tenderfoot.

The Price party, for he did not travel alone, was essentially a tenderfoot group. Perhaps the most experienced member was Bunny, a donkey whose eight years had at least taught him caution. Another member was a collie dog named Prince, which is now much more than mere dog to Mr. Price, and another thing which does not appear in the log of the journey, but upon which he admits the successful conclusion of the undertaking largely depended, was the taunts of Price's friends in Chicago.

Price left Chicago in midsummer, 1914, traveling westward along the Lincoln highway. The tramp was the result of a wager and was to be made entirely on foot with the consideration that the conditions would not be fulfilled unless the journey was finished with both of his four footed companions. He insists without a blush that every inch of the journey was on foot. The certified statements of the mayors of the various cities along the route form the credentials.

Starting without money, the commissariat was provided entirely by a gun and fishing tackle and the proceeds from singing at the show houses along the way. The camp equipment, including provisions, amounted to 100 pounds, and this was Bunny's burden.

## Had Over \$7,000 In Hut.

Cedar Falls, Ia.—More than \$7,000 was found hidden in the hut of George Pound, eight miles north of here, when the administrator of his estate made an investigation. Pound died suddenly and was supposed to have left little money. Twenty years ago he lost more than \$5,000 in a bank failure and thereafter never trusted banks.

## Gets a Civil War Letter.

Bangor, Cal.—L. E. Cole of this town received a letter recently written to him by his brother on Dec. 2, 1864. At that time the writer was a soldier in the Union army, and he tells of the chase into Mississippi after General Price's command. Where the letter has been for the past half century is a mystery.

## CHIPS

Col. James Miller, who is one of the leading Colored Democrats in this city returned home the first of this week from a pleasant trip to Cal.

Leon S. Adger, pianist and James E. Lightfoot, manager "The Right Quintette," both of New York City, paid a visit to Chicago, the first of this week.

## Origin of the Letter V.

The letter V may be regarded as the mutilated remains of one of the symbols used by the ancient Egyptians in their hieroglyphics or picture writing. A common animal in their country was the two horned sandviper, a representation of which stood for V. The priests ultimately found that for the practical purposes of everyday life it was a waste of time to use elaborate hieroglyphics and invented a kind of shorthand to meet the occasion. In this the snake was reduced to a V with a dash (V-) to represent horns and body. The Phoenicians adopted this letter, and from them we get our V by loss of the dash, leaving only the two little horns of the original picture. This snake is still common in Egypt and is probably the one mentioned in Genesis xlix, 17, "Dan shall be a serpent by the way, an adder in the path, that bite the horse heels, so that his rider shall fall backward." Travelers tell us that it is still addicted to this unpleasant habit.

## Music of the Church.

Nothing is plainer than the seemingly hopeless decadence of the music of the church as compared with modern possibilities and realities of musical art today. It is now some 200 years since the spirit of music left the church—since the church could hold and spiritually feed a great composer as it had done in the preceding centuries. The spirit of music, emancipated from the materialistic and puritanical influences which overtook established religion, brought forth the great modern art of music, with Beethoven as its leader, says Musical America. What has happened to that art at the hands of composers less lofty and less spiritually minded than he the world knows only too well, especially of late. The divorce has become almost complete. Not only has music, in its greatest powers, forsaken the forms of the church; latterly it has departed from spiritual vision and aspiration within its own artistic province.

## Factors That Determine Salaries.

In the Woman's Home Companion a successful business man says that salaries are fixed by the amount and quality of work that a man can deliver. "Pull," in his opinion, is a negligible factor in the business world.

"And that applies to the man who is getting \$30,000 a year just as truly as it does to the man who is getting \$30 a month. The only way that I can be paid more money than I am getting is by delivering more work to my company than I am now delivering or by showing my company how to save more money and so have a larger profit at the end of the year."

## GETS MAIL WITH PULLEY.

Farmer Didn't Want to Walk to the Road to Get It There.

Whitesville, Mo.—To C. R. Thompson, a farmer living northeast of here, is given the credit of originating the latest method of having his mail brought directly to his door.

Some time ago Thompson decided that it was a waste of time and shoe leather to make the daily trip to his mail box down by the road, and he set his mind and hand to work on a device which would make said trip unnecessary.

He succeeded, and now by means of a set of wires and a pulley the trick is accomplished.

After the mail man's visit Thompson has only to step to his door and draw in his mail, box and all.

The box is sent back to its post by the roadside in the same manner.

Others in the community are so pleased with Thompson's device that they are going to follow his example, and it will doubtless not be long until "going after the mail," even so far as the gate, will be a thing of the past with the progressive farmers of northwest Missouri.

## BIBLE 332 YEARS OLD.

Book Has Been In One Family Since 1584 and Is in German.

Ionia, Ind.—A. P. Fleckenstein of Ionia is the possessor of a Bible which has been in his family for 332 years. Most of the time it has been in Germany. It was in Hoeferlin, Bavaria, until 1883, when it was brought to America. In 1893 it was exhibited at the world's fair.

The Bible at the beginning of the new testament contains the following tribute to the translator:

"A true translation into the German language according to the old translations used in the Christian church and enlightened with many wholesome annotations by the Rev. Dr. John Dietsberger. To the praise of God and the most gracious pleasure of the Roman imperial majesty and to the good of the common German nation and now embellished with illustrations and put into this grand form. This book was printed at Cologne, Germany, in the year A. D. 1584 by Gerwin Calenium and the heirs of John Quentel. With the grace and liberty of the Roman imperial majesty."

## COLLIE HALTS A BULL.

Effort of a Dog Saves the Lives of Father and Son.

St. Louis.—Fannie, a Scotch collie, saved the life of John C. Shafer, a farmer and the dog's owner, and John Shafer, father of the dog's owner, on two different occasions in one week, when the men were attacked by an infuriated bull, according to a story told in Marne, Ill.

When the father went to the barn to feed, the bull attacked him. In trying to get away he fell several times and was bruised. His granddaughter, Nellie Shafer, arrived home from school at that time, and she sent the collie into the lot. The dog halted the bull and permitted the old man to escape.

The next morning, when the son went to the barn to feed, the bull attacked him. His cries attracted Mrs. Shafer, who went to the lot in her night clothes, taking the dog with her, for the second rescue.

## BOYS LEARN BACHELORHOOD.

Taking Up Domestic Science and Will Know How to Cook.

McPherson, Kan.—Leap year is producing reverse results in Central Academy and College here.

A dozen boys have applied for a domestic science course, and others will join. The instructor is Miss Viola Graham, and she has received a number of additional applications. The course will include cooking and sewing and will continue the remainder of the school year.

The girls are doing their best to prevent the movement of bachelorhood by inviting the college boys to attend parties, but the domestic science boys study, and they assert that if the women intend to live independent lives they also can.

## HOSTLER AN HEIR.

Will Get Lawyer to Look After Estate When He Gets Time.

Pasadena, Cal.—Roxie Shadwick, a hostler at a local stable, paused in his work the other day long enough to open a letter handed him by the postman and read that he was an heir to the rich estate of a granduncle in Modoc county. Then he folded the letter and went back to smoothing the coat of one of the horses.

He has a recollection of his granduncle and asserts that the last time he heard of him he was reputed to be quite wealthy. Whether this wealth increased or decreased he does not know, but says he will seek a lawyer in regard to the estate when he gets time.

## Finds Coin Minted In 1790.

Fredericksburg, Tex.—Arthur Kuene-mann found a silver coin on his lot here which was found to have been minted in 1790 under Francis II., emperor of Germany, king of Bohemia and Hungary. The coin is the size of a silver dollar and in a fair state of preservation.

## Out of Tobacco, They Chew Alfalfa.

Bedding, Cal.—Farmers of Hat Creek valley who are addicted to tobacco smoked and chewed alfalfa leaves for three weeks owing to their inability to get real tobacco by parcel post.

## Hearing but Not Listening.

In the course of a visit to Nagpur, the capital of the central provinces, writes Mr. Stanley Coxon in his Indian reminiscences, I heard of an amusing ending to a civil case. It was an appeal case, and on one side was a Mr. Stanton, an English barrister, and on the other a number of native pleaders. The arguments on both sides had been heard, and the case closed for judgment.

Suddenly one of the native pleaders got up and addressed the court once more. Mr. Stanton suffered it for some time; but, losing patience, he also stood up and, addressing the court, said, "Your honor, I would beg with all respect to point out to the court that my learned friend opposite is entirely out of order in addressing the court, and if I may be permitted to say so the court has no right to be listening to him."

The court, who at that time was writing, put his head over the desk and said, "Mr. Stanton, it's a great piece of impertinence on your part to assume that the court is listening to him."

## Moving Picture Shows.

An observer says the reason that all classes like motion picture plays is that each person puts into the mouths of the silent actors the exclamations, words and lines that he himself would use under like circumstances.

Incidents and situations are flashed on the screen, but the spectator tells the unspoken story to himself, and there is no possibility of artificial, strained or incomprehensible dialogue. What the spectator imagines is the thing that is natural to him. To one who watches Hamlet with Yorick's skull the words of the play may come, "Imperious Caesar, dead and turned to clay, might stop a hole to keep the wind away." To another's imagination Hamlet says, "Well, we all gotta come to it."

Could explanation be simpler, yet more profoundly true? — Richmond Times-Dispatch.

## The Early Circus.

Leaving out of count the great circuses of Rome and Antioch and coming down to something of modern times, the first circus in England was on a footpath known as Halfpenny Hatch, in the Waterloo road, London. There, in 1770, Astley's first performance was given, with the aid of a drum, two fives and one clown. A charge of sixpence was made for the front standing places. There was no building and not even a tent, but merely a ring of ropes and stakes. Primitive as were the arrangements, Astley soon attracted good audiences and was able to add to his program conjuring, transparencies, vaulting and tumbling, with displays of fireworks. In course of time he was able to hire an inclosed ground and erected seats under a substantial roof. He called the place Astley's amphitheater riding house.

## Women and Golf in Olden Days.

Clark, in his "Golf, a Royal and Ancient Game," printed a few decades ago, recounts how strangers at the old St. Andrews course abroad were given a trial on the famous holes, and if they proved to be of the tribe of turf diggers and sand lifters they were ignominiously thrust into the outer darkness of the "women's green." The accommodations accorded to women in the old days were in the nature of a sop to Cerebus, merely to keep them quiet and satisfied while the men indulged in the more serious pursuit of a serious business with a better equipment on a finer course. In the annals of one old golf club it is recorded that since a certain green was habitually flooded and generally useless it was recommended that a new hole be built in its place and the old green given over to the women.

## The Sleep of Seeds.

Oats, corn, fennel and some flower seeds were exposed during 113 days to a temperature of 40 degrees F. below zero. Afterward, when placed in suitable surroundings, nearly all of the fennel, oat and corn seeds and many of the others germinated. It is concluded that the protoplasm, or the principle of life, in a resting seed is in a state of inaction not comparable to that of a smoldering fire, but rather like that of a chemical mixture which is capable of forming a combination whenever the required conditions of temperature and illumination are present.

## How She Was Named.

A little colored girl, a newcomer in Sunday school, gave her name to the teacher as "Fertilizer Johnson." Later the teacher asked the child's mother if that was right.

"Yes, ma'am, dat's her name," said the fond parent. "You see, she was named for me and her father. Her father's name am Ferdinand, and my name is Liza. So we named her Fertilizer." — Boston Transcript.

## Copper Came From Cyprus.

The word copper is generally admitted to be derived from Cyprus, as it was from that island that the ancient Romans first procured their supplies. In those remote days Cyprus and Rhodes were the great copper producing districts.

## Two Tests.

The test of a lover is not how many he has loved, but how well; the test of a philanthropist is not how well he has loved, but how many. — Alice Wellington Rollins.

## No Breach of Confidence.

"Say, what do you mean by telling Jones that I was a blockhead?"

"Why, it isn't a secret, is it?" — Boston Transcript.

## SPENT FORTUNE TO TRAIN ORPHANS

Washington Teacher Aided Those Who Sought Education.

## LIVED MODESTLY TO DO ACT

Used Income of High School Instructor in Moderate Manner, and With Money He Earned by Writing He Was Able to Educate Eighteen Students.

Everett, Wash.—F. D. Mack, teacher in the Central school, has spent about \$40,000 in educating eighteen students, seventeen boys and one girl, during the last sixteen years, according to a story he reluctantly told a newspaper representative.

Living on his school salary in a modest way both in Minnesota, his former home, and in Washington, he has earned the money to send students through universities by writing short stories and magazine articles. He has paid out between \$2,000 and \$3,000 on each of his "children."

Some of the youngsters were orphans, and some had one parent, but all were eager to learn and were handicapped by lack of money.

The thirteen boys who are alive are all actively engaged in the professions in which Mr. Mack has educated them. Two are druggists, one being in St. Paul and the other in Los Angeles. Two are instructors in the University of Minnesota, where they were graduated. One teaches mathematics, and the other is an instructor in German.

This latter young man plans to be a physician and in 1914 married a girl who wished to go to Germany to get her master's degree, so he and his bride sailed for Germany to continue their studies, only to be turned back by the beginning of the war.

Mr. Mack sent him through Normal school, the University of Minnesota and Harvard, where he received his master's degree.

A young man who chose to be a broker received his education at the University of Illinois. He started out to be an architect, but changed his mind and took a commercial course. He was graduated four years ago and is now in Minneapolis engaged in the lumber brokerage business. He is the best money maker of the "family." In his four years out of college he has made \$40,000.

A mining engineer who was educated at the University of Minnesota is now working in a mine at Butte, Mont. The banker received a thorough commercial education, and then Mr. Mack set him up in business in a bank in Elgin, N. D. Mr. Mack says that if any of his boys wants to start in business he always gives them enough money to begin. He recently bought an eighty acre farm for one of them.

A dentist lives in Chicago. He had four years at the University of Valparaiso. Mr. Mack says this boy married a rich nurse.

One boy who studied to be a lawyer lost his health after his graduation from the University of Minnesota law school, so could not practice, and is now employed as chief of the Minnesota state fish and game commission, with headquarters at St. Paul.

Self educated and quiet, Mr. Mack would not be thought responsible for one of the most unusual philanthropies in the world.

## NO PAINTER'S COLIC FOR HIM.

Bill For "Tint" Makes Bachelor Issue Leap Year Declaration.

Elwood, N. J.—Robert W. Hunt, a retired college instructor, received a letter recently from a neighboring town containing a bill for 40 cents for "tint" purchased by "Mrs. Hunt." Hunt is a good looking bachelor with a steady income, and the inquisitive element of Elwood at once interpreted the post-office bulletin in terms of leap year possibilities.

To quiet the buzzing gossip, Hunt has issued the following statement:

"We have had several offers of marriage, and one or two ladies have assumed we were engaged without making any offer, and it is with fear and trembling we pass each day of this year, which is divisible by four. However, when Mrs. Hunt does arrive she shall come as nature painted her, with eyes like the heavens, with cheeks like the rose and with lips like the damp of crushed strawberry. She shall have no need of 'tint.' When we want a kiss we don't propose to mess through two or three coats of paint to get it."

## Dogs Tree Insane Man.

Oregon City, Ore.—Peter Brevio, aged forty-three, an Italian, was freed with the aid of bloodhounds arrested and brought back to Oregon City and committed to the State Hospital for the Insane. Brevio lived in a hollow tree, and his diet consisted of roots, berries and what food he could find around neighboring farmhouses. He stole an ax from a farmhouse and passed much of his time chopping down trees. A number of men of the district determined to arrest Brevio and went to his tree home. The Italian ran away. Dogs were then put on his trail.

## Old Time Witchcraft.

Jane Wenham was indicted at the Hertfordshire assizes on March 4, 1912, for "conversing with the devil in the form of a cat," under the provisions of the act of 1804, repealed in 1728. Her prosecutors wished to have her also indicted for practicing witchcraft to the harm of Ann Thorn, a servant girl sixteen years old, but this was not allowed, although evidence was produced at the trial to show what injury had been done the victim by means of crooked pins and by placing cakes and cats' hair in Ann Thorn's pillow and how the prisoner had caused the death of some cattle simply by walking through a turnip field.

The jury brought her in "guilty," and Justice Powell passed sentence of death, but took steps to quash the verdict. Wenham's prosecutors published an account of the case, but their arguments were pulverized by scientific men. Jane Wenham herself was liberated and taken under the protection of Colonel Plummer, who gave her a cottage, and we are told by Dr. Hutehinson that in 1720 the whole country was fully convinced of her innocence.—London Spectator.

## The Game of Life.

Life becomes, as the stoics more than once tell us, like a play which is acted or a game played with counters. Viewed from the outside, these counters are valueless, but to those engaged in the game their importance is paramount. What really and ultimately matters is that the game shall be played as it should be played. God, the eternal dramatist, has cast you for some part in his drama and hands you the role. It may turn out that you are cast for a triumphant king. It may be for a slave who dies of torture. What does that matter to the good actor? He can play either part. His only business is to accept the role given him and to perform it well. . . . Success or failure is a thing he can determine without stirring a hand. It hardly interests him. What interests him is that one thing which he cannot determine—the action of your free and conscious will.—Gilbert Murray.

## Kings and Shaving.

The classic case of a king who knew better than to let anybody else shave him is that of Dionysius the elder, tyrant of Syracuse, who appears to have been unable to shave himself, for he is said to have resorted to the uncomfortable device of singeing off his beard with hot walnut shells, says the London Chronicle. We may suspect that Napoleon's was another case of the kind. Rogers asked Talleyrand whether Napoleon shaved himself. "Yes," replied Talleyrand; "one born to be a king has some one to shave him, but they who acquire kingdoms shave themselves." That way of putting it pleasantly emphasizes the practical superiority of the parvenu to the helpless, spoiled child of heredity, but prudence probably entered into the matter also, if Talleyrand's statement was correct.

## A Queer Fish.

A male fish which hatches the young of its mate is the Chromis paterfamilias. It is found in the lake of Tiberias, Palestine. Strange to say, this industrious fish hatches its young in its mouth. When the female has spawned in the sand the male approaches and draws the eggs into his gills, where they remain until hatched, when they struggle out of their confinement into the parent's mouth. As many as 200 perfect young are sometimes found in the mouth of an adult male. How the fish manages to feed itself without swallowing its young is a mystery. The grown fish is about seven inches long and one and three-quarters wide. Its back is olive green, shot with blue, and the belly is silver white, marked with green and blue.

## Reason For Complaint.

"I keep the best bread," said a certain baker the other day to a poor fellow who complained of the inferior quality of the article he had purchased of him the day before.

"I do not doubt it," replied the customer.

"Then why do you complain?" asked the baker.

"Because I would suggest that you sell the best bread and keep the bad," was the reply.—Pittsburgh Telegraph.

## Some Evidence.

"You say that preparation will make the hair grow?" asked the thin haired man of the druggist.

"Why, say," came from the drug man, "I know a customer who took the cork out of a bottle of that stuff with his teeth, and now he's got a hair lip." — Yonkers Statesman.

## Part Often Overlooked.

"It is all right to pat yourself on the back occasionally," said the dispenser of sage advice.

"Yes?" said the player up.

"But don't forget to call yourself down when you need it, my boy." — Pittsburgh Post.

## Treat For the Boarders.

"Ma," queried the small daughter of the boarding housekeeper, "what shall I do with these basting threads?"

"Give them to me and I will str them into the frosting for the coconut cake," said her mother.—Youth's Companion.

## Lively Cheese.

John—I'll bring you a fork, sir. The Customer—What for? John—The camerbert, sir. The Customer—A fork's no good. Bring a revolver.—Exchange.

Sincerity's own realm is one's secret chamber; strong here, a man is strong everywhere.—Salga.